

NUTRITION EDUCATION RESOURCES - PRESCHOOL

The Montana Team Nutrition Program has nutrition education resources designed for students in grades Preschool-12. Education resources include: curriculum guides, videotapes, computer software, nutrition games and many more helpful resources to allow you to cover nutrition topics with your students. There is also an adult category to answer any questions you may have about healthy eating habits.

Attached is the **Preschool** resource list. Please contact the Team Nutrition Program at Montana State University if you are interested in borrowing a resource. You may borrow a resource for up to three weeks at no charge other than return postage. We can be reached by phone: 994-5641, fax: 994-7300 or email: uhdkb@montana.edu Our mailing address is: Team Nutrition Program, Montana State University, PO Box 173360, 202 Romney Gym, Bozeman, MT 59717-3360.

Contact Katie Bark of the Team Nutrition Program at 994-5641 if you would like a recommendation of the best resources for a specific topic.

PRE-SCHOOL

ALPHABET COOKING CARDS

Cheryl Olmsted, 1990
Preschool:K-3 Cards/masters

Easy snacks to prepare with an alphabet flair. Each alphabet puppet presents a recipe for a tasty single-serving snack. Illustrated, step-by-step recipes.

AM I FAT?

Joanne Ikeda, 1992
Preschool-3 Book

Book to guide parents, teachers, child care providers with teaching young children about body size and body image.

BEANS, PEAS, & BROCCOLI TREES

Dayle Hayes, 1993
Child Care Video/Teacher's guide/booklet

Based on booklet "Building for the Future: Nutrition Guidance for the Child Nutrition Programs"; covers dietary guidelines, planning cycle menus, and promoting healthy choices.

BREAKFAST AND SNACK BASICS

Florida Department Of Citrus, 1994
Child Care Guide

Designed to help child care providers develop a healthy and tasty selection of breakfasts and midmorning snacks.

BUCKETS OF NUTRITION

Marni Stevens, 1996
PreK-3 Book/teaching guide

Each unit is a collection of games, songs, art projects, and stories relating to each topic. In addition, each unit contains educational update handouts for teachers and parents designed to be photocopied and shared with parents as their children are learning the corresponding material in school or child care.

CARE CONNECTION TRAINING PROGRAM

N.F.S.M.I.,
PreK-K Video/Teacher's guide

Preschool

Comprehensive training program developed for use by sponsors of child care homes and child care centers to use in training child care providers. Includes sponsor guide, 10 video lessons and 48 CARE connections lessons.

CHEF COMBO'S FANTASTIC ADVENTURES

National Dairy Council, 1995

PreK:K Teacher & participant guides/puppet

Teaches simple nutrition concepts, helps develop good hygiene skills, and provides variety of cooking and tasting experiences.

CHILD ADVENTURES IN NUTRITION

Minnesota Educational Services, 1993

Preschool:K Manual/activities

Aids in developing positive eating habits. Helps children learn more about themselves through their senses, cultural, family, and personal food choices.

CHILD CARE RECIPES-FOOD FOR HEALTH AND FUN

USDA, Dept. of Agriculture, 1999

Preschool Manual

This recipe collection contains 141 new recipes that have been tested and approved by child care centers in all regions of the country. In addition to the recipe collection, they provide a food safety publication for child care providers written by the Food Safety and Inspection Service, USDA. It includes specific safety and sanitation information about such subjects as hand washing, handling of bottles, fundamentals of safe food preparation, using leftovers, food safety for field trips, and a resource list.

COUNT TO 5, COUNT TO 6

Vermont Department of Health, 1996

Preschool Curriculum

Provides information, activities, and recipes focusing on fruits, vegetables, and grains. The "5-A-Day message as well as eating more grains are featured through-out the curricula.

FEEDING CHILDREN WELL: A PYRAMID FOR PRESCHOOLERS

Texas N.E.T. Program, 1995

Preschool Video

Incorporates current nutrition research, USDA's Food Guide Pyramid, and commonly accepted principles of early childhood development into one memorable training film.

FEEDING WITH LOVE AND GOOD SENSE

Ellyn Satter, 1989

Day Care:preschool Video

Discusses interpersonal dynamics of the feeding relationship with infants, older babies, toddlers, and preschoolers.

FEEDING YOUNG CHILDREN IN A GROUP SETTING

University of Idaho, College of Agriculture, 2000

Preschool Videos

Four-2 hour sessions integrating child development, nutrition, and food safety.

FIVE A DAY, LET'S EAT AND PLAY

Palm Beach Co. Health Dept., 1998

Preschool Curriculum guide

Ten lesson plans designed to provide interactive learning through a variety of eating & play

Preschool

activities for preschool aged children.

FOOD GROUPIES

Chris Barr, 1991

Preschool

Teacher's guide/videos

Twelve dynamic learning sessions stimulate nutritional awareness through group discussions, discovery, and creative play. This kit includes 5 stuffed foods to use in teaching nutrition concepts to preschool children.

FOOD MODELS

National Dairy Council

3-5 Year Olds

Guide/food models

Various activities to be used with cardboard pictures of different foods that have nutritional information on the backside.

FOOD & NUTRITION IDEA BOOK (RESOURCES FOR CHILDCARE PROVIDERS)

Julie Albercht, 1995

PreK-6

Manual

Variety of activities teach about Food Guide Pyramid, nutrition and growth, food identification, food safety, food culture, mealtime behavior, and special needs.

THE FOODS I EAT, THE FOODS YOU EAT

1996

K-4

Packet

Offers special opportunities for young children to explore a multicultural world of food, experience a variety of foods, and learn how foods that help them grow are both alike and different.

GETTING A HEAD START TO FIVE A DAY

Dayle Hayes, 1995

Preschool

Video/manual

Encourages Americans of all ages to enjoy the health and taste benefits of eating at least five servings of fruits and vegetables every day.

GO GLOW AND GROW BOOK

USDA, 1996

Activity Booklet

A pre-school book designed to teach the Food Guide Pyramid to children.

GOOD HEALTH

Eleanor Ripp, 1992

Preschool-K

Activities

Resource that provides play-oriented, hands-on activities that show students how to maintain healthy eating and exercise habits and explains why they are important.

HEALTHY START FOOD TO GROW ON

American Academy Of Pediatrics, 1991

5 & 6 Year Olds

Folder

Campaign that promotes healthful food choices and eating habits as part of an overall healthful lifestyle.

MEALS WITHOUT SQUEALS

Christine Berman, Jacki Fromer, 1991

Child Care

Book

Combines simple, straightforward nutrition information with clear, easy-to-read menus and recipes; provides tips to positive learning experiences regarding food and nutrition; addresses nutritional needs of children from infancy through elementary school age.

MILK FROM COW TO YOU

National Dairy Council, 1994

Preschool:K-2 Trainer & participant guide

Helps students understand importance of milk in their diets. Explains processing steps involved with milk production, safeguards to keep milk safe and fun facts about cows. Use with video: "Make Mine Milk" (K-6).

NEWBRIDGE SCIENCE NUTRITION BOOKS

1993

Preschool-2 5 books/teaching guides

Lets students travel to factories, farms, and supermarkets to discover how some of our favorite foods are made. Big book size; ideal for the classroom.

NO LEFTOVERS CHILD CARE COOKBOOK

Jac Lynn Dunkle & Martha Shore Edwards, 1992

PreK:K Book

Provides unique healthy child feeding ideas. Not only a cookbook but has a 4-week menu cycle.

NUTRITION AND THE PRESCHOOL CHILD

Colorado State Cooperative Extension, 1994

Preschool Video

Contains three topics: Developing Children's Eating Habits, Planning Healthy Meals for Children, Serving Children Safe Foods.

OFF TO A GOOD START: PRACTICAL NUTRITION FOR CHILDREN

Catherine Romaniello, Nancy Van Domelen, Laura Hill Tobler, 1992

Preschool-K Book

Provides basic nutrition concepts, practical ways to use information daily, and activities that help in understanding relationship of food to health. Nutrition concepts simply stated.

RECIPE AND ACTIVITY BOOK FOR CHILD CARE PROVIDERS

Colorado Dept. of Public Health and Environment, 2000

Preschool Manual

This 2 part resource contains a section with recipes and activities for preschool children and a section on children's physical play.

RESPONSIBLE HEALTHY LIFESTYLES NUTRITION EDUCATION

Utah State Office of Education, 1996

Preschool-K Book

Preschool curriculum emphasizing the Food Guide Pyramid and Breakfast.

TEACHING CHILDREN ABOUT FOOD

Christine Berman & Jacki Fromer, 1991

Preschool:K-3 Book

Companion to Meals Without Squeals, teaches cooking/gardening activities for children, tips to help children become smart consumers, ways to teach appreciation for cultural diversity regarding food, and an understanding of the relationship between food/environment.

TICKLE YOUR APPETITE FOR CHILD CARE

Preschool

N.F.S.M.I., 1998
Preschool Video/manual

A fun nutrition education kit directed at young children to teach the importance of healthy eating. It contains materials and ideas designed to communicate the messages of eating a variety of foods and the origins of food in ways that children will understand and remember.

TIP TOP TOTS: THE NUTRITION PYRAMID FOR PRESCHOOLERS

Meridian Education Corporation, 1994
Preschool Video

Informative for caregivers, with fun, lively ending for children! Learn about Food Guide Pyramid, serving sizes; why nutrition is so important; how to determine portions, creative ways to prepare food so tots will enjoy their mealtimes.

VEGETABLES AND FRUITS

Creative Teaching Press, 1990
Preschool Book

This guide provides integrated activities for whole language and thematic teaching on fruits and vegetables.

VEGETABLE FRIENDS

ToyBox Creations, 2000
Preschool Plush beanbag vegetable characters

Kids learn about vegetables and how good they are to eat with these fun educational tools—32 page coloring book and 52 page story book, along with 6 plush vegetable friends characters.

WHAT'S COOKIN'

Brennan, Kern, Martin, 1991
Preschool Recipes

A collection of recipes from the State of Nebraska Day Care Home Providers.